

DINNERLY



Rice-Free Thai Chicken Veggie Bowl

with Roasted Peanuts



30 minutes



2 Servings

Tender Thai-spiced chicken, sweet pumpkin and choy sum come together in this veggie lovers' low-carb bowl. Top with chopped peanuts for plenty of satisfying crunch!

WHAT WE SEND

- 1 red onion
- 250g butternut pumpkin
- 1 bunch choy sum
- 20g peanuts⁵
- 5g Thai seasoning¹⁷
- free-range chicken thigh fillets

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs soy sauce⁶
- 1 tbs vegetable oil

TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 420kcal, Fat 22.8g, Carbs 14.4g, Proteins 35.8g



1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Cut the **onion** into thick wedges. Peel the **pumpkin** and cut into 2cm chunks. Coarsely chop the **choy sum**, keeping the stems and leaves separate. Coarsely chop the **peanuts**.



2. Marinate chicken

Put the **garlic**, **Thai seasoning** and **1 tsp soy sauce** in a large bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat.



3. Pan-fry chicken

Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat (see Make it Faster). Cook the **chicken** for 5-6 mins each side until browned and cooked through. Remove from the pan.



4. Stir-fry veggies

Heat **2 tsp vegetable oil** in the pan over medium heat. Cook the **onion** and **pumpkin**, stirring, for 3 mins or until the onion is softened. Add **1 tbs water** and cook, covered, for 5-6 mins until the pumpkin is just tender. Add the **choy sum stems** and cook, stirring, for 1-2 mins until tender but still with crunch.



5. Serve up

Add the **choy sum leaves** and **3 tsp soy sauce** to the pan and stir-fry for 1 min or until wilted. Remove the pan from the heat. Thickly slice the **chicken**. Divide the chicken and **veggies** among bowls, scatter over the **peanuts** and enjoy!



6. Make it faster

Want it on the table even faster? Instead of using just one pan, cook the chicken and veggies in separate pans at the same time.